



STUDENT TRANSITION SKILL CHECKLIST

Competence in the following skills will make your transition to college easier.

Important skills for personal independence:

- Tell family caregiver how to assist you in:
 - Dressing
 - Toileting
 - Bathing
 - Transferring
 - Reposition in Bed

- Tell non-family caregiver(s) how to assist you in:
 - Dressing
 - Toileting
 - Bathing
 - Transferring
 - Reposition in Bed

- Tell how you need assistance:
 - Class: Note Taking Handing in assignments Accessing textbook
 - Opening/closing doors
 - Lunch: Getting tray Getting food on tray Getting drink Eating
 - Cutting food

- Finding specific places at:
 - School: Locker Each classroom Cafeteria Emergency exits
 - Nurse's Office Main Office Restroom
 - Mall: Favorite store Public restroom Food court Parking lot

- Use wheelchair safely on your own:
 - Inside: Crowded areas Non-crowded areas
 - Outside: Crowded areas Non-crowded areas
 - Vehicles: Get on lift alone Get off lift alone
 - Sidewalks: Crowded Non-crowded Use curb cuts

- Use cell phone on your own:
 - Dialing
 - Texting
 - Talking

- Use computer or other technology device on your own:
 - Sending/receiving emails
 - Surfing the Internet
 - Completing class assignments

- Order meal at a restaurant on your own

STUDENT TRANSITION SKILL CHECKLIST, cont'd

Be intentional about the following:

- Pay attention to tone of voice when speaking with friends, parents, 1:1 aide.
- Pay attention to where you are going. Do not rely on following others.
- If you get lost easily, try using a GPS or other navigation app on your phone.
- Use your cell phone to keep track of time. Your goal is to be either a little early or on time.
- Make sure to use good manners eating with friends or in social places (e.g., eat with mouth closed, wipe face, etc.).
- Attend a residential summer camp.

Important skills for personal empowerment:

- Direct how you need assistance at school and home.
- If possible have a fellow student help instead of having a 1:1 aide.
- Use your cell phone, iPad, computer to research college campuses, don't have your parents do it for you.
- Set up your own appointments (medical, college visits, etc.).
- Keep track of your own assignments, daily activities, and appointments.
- Know how to use debit/credit cards and safety concerns revolving around their use.

Important issues to consider:

- Talk to Dept. of Human Services (DHS) about an Assistive Technology assessment if you cannot independently use a cell phone, computer or complete school assignments.
- Ask College's disability services department about school's assistive technology options.
- State Department of Human Services:
 - Open case with Home services.
 - Open case with Vocational Rehabilitation Services.
- Actively participate in at least one club or program outside of school.
- Decrease stress by listening to music, spending time alone, going for a walk, etc.
- Volunteer, get a job, or participate in an internship.